SEA GATE ALARMED BY THE WASTING OF ITS BEACH.

Cettagers Likely to Adopt an English Scheme of Defence To-morrow-And if It Proves Good Others Will Try It The Example of Manhattan Beach.

The wind and the tide have beat so flercely mon the ocean shore of Sea Gate in the last few winters that the property owners of that little colony have become alarmed and are preparing to erect some coast defences. If the experiment that they are about to try proves successful similar measures will probably be adopted by other settlements both here and in other States which have seen with dismay the untiring waves roll nearer and nearer to their possessions from year to year. If you will look at a map of New York-

If you will look at a map of New York—
the Greater New York, of course—you will
see a short, narrow peninsula stretching
westward from the lower end of Brooklyn
Borough, and on the very end of it a few
acres labelled Sea Gate. It is not hard to
imagine that when the waters were divided
from the land a sandbank was piled up and
swung back across one side of New York

have the land a gate half closed, and there it

When the idea of fencing off a little bit
of New York city's waterfront for private
use was projected it was held by some
folks to be of doubtful expediency. It
was about that time that the Newport cottagers fenced off their bathing beach and
part of the adjacent sea, and there was great
commotion among the plain people. Many
a change was rung upon the old joke about
some folks being too good to swim in the
same ocean with other folks.

Perhaps it was because the Newport harbor like a gate half closed, and there it has stood ever since with the ever-changing see on one hand and the snug and quiet anchorage of Gravesend Bay on the other. So they called the place Sea Gate, or, if that isn't the reason it ought to be.

But the sea, like some more rational creatures, knocks hard and long at closed gates, and it has been pounding so merciesly at this one in recent winters, when nobody was at home, that it threatens to hat down the portal altogether and walk in.

The first persons to take alarm at this state of affairs naturally were those whose summer homes lie directly on the southern beach. A bulkhead was built to protect heir front door yards some years ago. but they have come to realize that this is not enough. Some well-informed men heart would be torn by a connect between a hospitable impulse to tell you to come, ashore and then depart and sin no more, and the prompting of duty, which would compel him to drive you gasping back into the yawning deep.

That situation, however, doesn't often arise, partly because illicit landings are selden attempted and also because the have estimated that at the present rate of course of time the houses might be expected to topple into the sea and float off.

With this danger in view the beach-front property owners met on Aug. 10, and appointed a committee of defence, and this committee, acting with Supt. Lott, has devised a scheme by which it hopes to arrest the destruction of the shore and eventually to compel the wind and the tide, which have done all the mischief, to repair the damage. Their project has been indorsed by the trustees of the Sea Gate Association, and a meeting of the whole association will be held to-morrow night to ratify their action and authorize the raising of the necessary funds.

The expenditure now contemplated is \$8,000, and of this the beach-front dwellers have offered to pay half if their interior neighbors will provide the other half. This division of cost seems fair and is likely to be accepted, because, while the people living close to the water have their homes to protect and are therefore most deeply concerned in the enterprise, the other folks within the Gate have equal rights with them in the use of the beach and could not afford to lose it.

When the Sea Gate people came to consider what measures they ought to take to preserve their beach they must have found very little suggestion from anything that had been done in this country, except the wisdom that comes from bad examples. What their committee has proposed seems to be a modification of a plan which has been applied with great success for many

The structures which are employed are called groynes by the English people—our dictionaries spell it "groin"—and the Dutch folks have named them gloomings. At first sight an American would be likely to speak of them as jettles, but that would not be

trictly correct.

The purpose of groynes is to intercept and blown along the beach above high-water mark and to check the sweep of the idal current so that the sand and pebbles which it holds in suspension will fall to the

bottom.

They are a recognition of the fact that the forces which chiefly destroy a beach are the wind and the sweep of the tidal current and not the pounding of the breakers and heir direct recession. It is the scouring and not the battering that does the damage.

A misunderstanding of this truth has been esponsible for many futile attempts to ave American beaches.

The structure provided in a groyne aries in form and material according to the formation and character of the beach whether it is steep or gradual in its slope, and whether it is sand or shingle. The problem presented at Sea Gate is to check the waste of a beach that is composed almost entirely of sand and which slopes grad-ually down from a slight bluff. Along a great part of its extent this bluff is bound

by a bulkhead 5½ feet high.
The cross streets of Sea Gate are about six hundred feet apart. At the foot of every street a groyne will be built, beginning at the bulkhead and extending at right angle it, so that the seaward end will be several t beyond low-water mark. Each groyne will be 3½ feet high at the bulkhead and 18 inches high at the outer end. In each space between the long groynes,

which are to be 600 feet apart, there will be or three shorter ones extending about seventy-five feet out from the bulkhead and ending a little beyond high-water mark These shorter groynes will have practically no effect on the action of the tidal curren ordinary weather, but they will obviously elp to break its sweep in the high winter

Some of the Sea Gate people who have examined the English and Dutch systems with much care think that the shorter groynes will hardly pay. They say that long groynes reaching beyond low water should be put in at intervals of about 200 feet, the appearance of Patrick et, the experience of British engineers having shown that on such a coast as that of Sea Gate the defences ought to be nearer together than 600 feet and ought, in all cases, to reach further than low-water mark.

The experience of Manhattan Beach was ery useful in telling Sea Gate what not do. Most New Yorkers of middle age will recall the time when there was good open sand from Brighton over to Manhattan instead of the sea wall and bulk-lead against which the breakers now dash

nselves to spray and foam. After the Manhattan Beach was pretty ell gone two jetties were built of piling, filled in with stone, and they were made so high that their outer ends were always above the water. The tidal current setting against them could not get over them, so it raced madly around the ends, wearing them down and snapping off the piling. Finally they were removed. The same process was going on with a partly open left at Printer.

at Brighton. The Sea Gate groynes will be built of short piling, sunk into the sand so that each pile touches its next neighbor, the whole being strongly bound with heavy planking. The tides will wash over the tops of the groynes and will not beat them down, but the speed of the current will be suf-ficiently diminished, so it is expected, to cause the deposit of about 90 per cent of the sand which would otherwise be washed away. Engineers say that decreasing a tidal current's velocity to the extent of

only 2 per cent. will precipitate about 50 per cent. of the sand it is carrying.

The usual force of the wind at Sea Gate and its carrying capacity will be appreciated by any person who will lie on the beach in any kind of a blow. Within an hour or two he will be partly buried in sand, which will be well banked on his windward

TO FIGHT THE HUNGRY SEA. side. In other words he will be doing what the exposed part of the groyne does.

The force of the tidal current was well illustrated by the experience of two bathers

who went into the Sea Gate surf on Wednes-day afternoon of last week. They are both large and rather powerful men and both accustomed to the salt water. The surf was rolling hard enough to knock them down several times before they got beyond the breakers. In the course of about forty minutes they were carried almost withou their realizing it 700 feet down toward Norton's Point. The force that swept them irresistibly along is the force that scours and eats away a beach. The force that knocked them down was much more apparent, but it is not very destructive

apparent, but it is not very destructive.
Sea Gate has proved to be so comfortable
a summer home for a considerable number
of busy New Yorkers that the cottagers
will not feel satisfied until they see this beach-preserving experiment in successful operation. If the first attempt does not do all that it is expected to do it will be easily modified or extended. Persons who have given a great deal of attention to the subject have no doubt of the ultimate

When the idea of fencing off a little bit

Perhaps it was because the Newport matter diverted their attention that people didn't notice that the same thing was being done right in this city. Such, however, was the fact. The sand and the brine were cut off in a little bit of Greater New York, and at Newport itself the bars were not more impassable.

If you stroll far enough up the Coney Island beach at low tide, when the sand is hard and the footing firm, you will come well on the way up to Norton's Point, to Sea Gate's row of tall pickets—much too high to climb over—stretching from the roadway far enough out into the water, so that even at the ebb it would take a fairly good swimmer to swim around to the other side.

That fence means just what it seems to say—"Keep out." If you should swim around to the forbidden side and one of the four stalwart cops should see you, his heart would be torn by a conflict between a

arise, partly because illicit landings are seldom attempted and also because the copper isn't looking for trouble in that direction. But many a time and oft in the course of the day the young Horatius who guards the gate at the inner end of the fence has to interpose himself between the invader and the sacred garden. In such case it becomes his duty to challenge the applicant for admission and, if he can find any possible pretext for doing so, to exclude him.

"Who d've want to see?" is the first cues-

"Who d'ye want to see?" is the first ques-tion. If the answer is nobody in particular, the examination ends then and there—the candidate is rejected. If, on the other hand, he responds with the name and adress of some actual bona fide resident of the place, whose dues are paid to the first day of the preceding month, who has no outstanding account for sewer, water, gas or cab connections, who has subscribed or cab connections, who has subscribed for the life saving crew and never keeps the garbage man waiting, the visitor will receive further scrutiny. Then, if he happens to be wearing his good clothes, if he can prove by family records, duly attested, that he is within the third degree of containing the table regreen he has asked to that he is within the third degree of con-sanguinity to the person he has asked to see, if it appears from an exhibition of his casual holdings of note and coin that he probably doesn't want to borrow money the intercepter may send up to the cottage

and inquire whether the cottager cares to see the stranger at the gate. All this, of course, is made necessary by the proximity of the place to Coney Island and the certainty that if strict Island and the certainty that it strict measures of exclusion were not adopted the daily excursion crowd would swarm in and look for the sign "Basket parties welcome" on every broad veranda.

It is a very pretty gate that stands between Coney Island and this little region because the little rate with an architecture.

beyond, a high gate with an arch covering a broad driveway and a gate house for the inquisitor. Already there are about hundred cottages within the gate and the number grows year by year—eigh teen last summer, twelve this season.

Sea Gate is such a little place, so narrow from shore to shore, that folks can't help being neighborly. You don't realize how small it is until some strenuous person starts up his automobile and begins to ride like mad about the short, smooth, gray macadam reads. gray macadam roads.

Thirty seconds after he has flashed by your front door you hear his horn tooting in the rear, and almost before the dust has settled he is back again. When this has been repeated about a dozen times by two or three motor cars you come not unnaturally to the conclusion that all the devils of all the different colors in the Astronybia Chub have removed the grate Automobile Club have rammed the gate and come whizzing into the park to ter-

rorize the inhabitants. Another attractive feature of Sea Gate is the Field Club, which promotes lawn tennis, with an occasional game of baseball between the householders and the boarders, the married men and the single, the fat and the lean or the blondes and

The Atlantic Yacht Club's house anchorage over on the inner side of the peninsula is the show place of the settle-ment, and its Saturday night dance is the big social assemblage of the week. Many of the dwellers in Sea Gate are members of the vacht club.

Sitting on almost any verauda in Sea Gate on these summer nights you may see the fireworks and the brilliance of Coney Island not far away. The red lantern beams in the lighthouse at the end of the point, the great flash over on the Highlands points its long finger across the waters every so often, and the beacons gleam on Romer Shoal, the West Bank and Old Orchard. By day the ships go in and out, to and from all the world, every one a spectacle for this gate of the sea. It is good to be alive this gate of the sea.

this gate of the sea. It is good to be alive there and to watch them. And it is good to be alive and watch the women bathers passing back and forth from the beach to the cottages or loung-ing in the sand and to see the brownskinned youngsters at play.

POPE'S VIEWS ON CHURCH MUSIC As Patriarch of Venice He Favored the Gregorian-Denounced Far Tickling.

Pope Pius X. has always been an earnest champion of Gregorian music. As Patriarch of Venice, he concerned himself actively with the reform of church music He was an industrious patron of Abbé Perosi, who was leader of the choir in the Sistine Chapel, allowing him to live in the archiepiscopal palace and encouraging him in his studies.

In 1895 the Patriarch of Venice devoted his pastoral letter to the subject of church "Religious music," he said, "must, through

melody, incite the faithful to devotion, and it must possess these three qualities—holiness, artistic worthiness and universatility. For this reason any light, trivial or theatrical music which either through its form or the manner of its performance could be designated as profane must be forbidden in the churches.

Cardinal Sarto urged that the music of the church be combined in one system and not left to individual caprice. He and not left to individual caprice. He believed that the highest qualities of church music were to be found in the Gregorian

Theatrical church music was denounced by Cardinal Sarto as serving only to charm the senses. He called it "artificial in the solo numbers and sensational in the

"It deserves," he said, "the reproach Christ made to the money changers in the temple, 'My house is the house of prayer and ye have made it a den of thieves.'

Cardinal Sarto also condemned the pleasure of the senses as a criterion by which sacred things are to be judged denied that the people must have their ears tickled to attract them to the churches. since they are more earnest and pious than

HER GREAT NEED OF A GOLD-STANDARD CURRENCY.

Loss in Balance of Trade Through Finetuation in Silver's Value-Proposals of Joint American and Mexican Commission in Conference With European Governments and Financiers.

The members of the joint American and Mexican Commission on International Exchange Rates, who left for Europe in May, have met with a most favorable reception in their conferences with representatives of the British, French, Dutch and German Governments. In London, Paris and at The Hague it was determined that the conferences should remain private and confidential. In Berlin their result has been published through semi-official agencies. According to the Berlin correspondent of the London Times, the Mexican, like the American, delegates, and like the European Governments and financiers with whose representatives they have been conferring, approached the question from the monetary point of view, with the object of trying to secure a regulation of the silver currency of their own and other "silver countries" on a system similar to that established by the Imperial British Government in India in 1893. The fall in the value of silver, beginning in the early 70's, and the financial embarrassment caused by the consequent downward tendency of the rupee led to the passing of an act in that year closing the Indian mints to the coining of silver till the rupee should rise in intrinsic value to the arbitrary gold price of 1s. 4d., then fixed by the Imperial Government. The value of the rupee then gradually rose and financial conditions improved. In 1899 a further law was passed making the gold standard more effective, and a timely comment on the success of this financial policy was afforded last week by the Secretary of State for India in presenting the annual statement of the Indian budget in the House of Commons. He announced that there had been substantial surpluses in the past three years, amounting this year to over \$15,000,000. The fluctuation in the exchange value of the rupee during that period had been only 1/2 per cent., and during the past year only 1/4 per cent., while the Indian merchants had benefited enormously by the stability of the exchange.

Mexico to-day finds herself in a position analogous to that of India in 1893. Her business and labor interests suffer in consequence of the constant fluctuation in the value of silver, and one of her greatest needs is a money currency substantially fixed upon a gold basis. Her credit is good and her commerce is rapidly increasing, and millions of dollars of American and British capital are being invested in the development of her resources. Between the years 1882 and 1902 the value of her exports had risen from 29,000,000 pesos to 168,000,000 pesos in silver, while the value in gold of these exports had only risen from about 26,000,000 to 74,000,000 pesos. The silver value of her exports had thus increased some five and three-quarter times, while their gold value only increased some two and threequarter times. Hence, it is reckoned that Mexico's loss in ten years, incurred in consequence of the depreciation of her currency, amounted to 27,000,000 pesos on her general exports, while a further loss of 23,750,000 is estimated in respect of her export of silver alone. On the other hand, the gold value of her imports has decreased in the same period by 14,000,000, as compared with the total decrease of about 50,000,000 in the gold value of her exports, including silver. Hence, as the Berlin correspondent of the London Times puts it, the general conclusion is drawn that while tries with a gold standard, it obtains a constantly decreasing amount of foreign products in exchange and thus incurs an economic loss which is not balanced by the

development in its export trade."

To remedy this unsatisfactory state of affairs Mexico proposes to raise a loan and create a gold exchange fund for the pur-pose of putting her currency upon a gold basis. As a preliminary step her Govern-ment appointed two commissions, one in the City of Mexico, to make a careful examination of the local conditions concerning the proposed new monetary system, and another to deal with the characteristics of international exchange and to procure an understanding with other interested countries as to what should be done to obtain, if possible, a general solution to the propo-sition, establishing a certain uniform gol l value of the new currencies, the units of weight and fineness, the system of maintaining the stability of exchange and also the purchase and distribution of silver bullion, which may be needed for coinage purposes. A preliminary report issued in London by Messrs. Enrique C. Creel, Luis Camacho and Eduardo Meade, members of the latter commission, presents the general proposition, together with some valuable material bearing upon it, in a concise and interesting way.

The importance to Mexico of the matter to

The importance to Mexico of the matter to be investigated by this commission and its scope and powers are here set forth in a report of an inaugural address delivered by the Mexican Minister of Finance, Señor Limantour. "Our country," he said, "is exceptionally situated; partly because one-third of the world's output of silver comes from its mines, partly because the mining of silver is, after agriculture, the most important of the national industries; partly because silver, in addition to the role which it. ecause silver, in addition to the rôle which i enacts as a commodity in our foreign com merce, serves as our monetary standard and as the measure of all other values at home, and partly, last of all, because that factor of our wealth represents two-fifths of our exports and is the prime instrumentality which pays for the articles which we purchase abroad and which settles our trade balance." It is pointed out that Mexico, in appealing to the aid of other nations. does not ask of them to make any change their several monetary systems, nor soli from them any direct help on behalf of silver that might imply pecuniary sacrifice or measures contrary to their monetary needs. There is no taint of bimetallism in her pro posals nor is there any desire of an arbi trary attempt to force up the price of silver Her wish is to fix a value to the silver cur rency, and not to the silver bullion. In other words, she wants to have a currency with a known and permanent value in gold, not on the principles of bimetallism, but within the lines of the gold standard system.
"Mexico is going through a very interesting period of prosperity," said one of the members of the commission in an interview embedied in this report:

esting period of prosperity," said one of the members of the commission in an interview embodied in this report:

"The only thing that is giving some trouble to the business community is the low price of silver and the fact that Mexico is on the silver currency basis.

"The low price of silver has reduced so much the purchasing power of the Mexican dollar that the country is suffering its consequences. The price of foreign goods of every description has increased in proportion, and the commerce of Mexico is in a very disagreeable position, as it has no basis for its calculations, on account of the violent changes in the value of the silver currency.

"The laboring classes are also threatened with the loss in the value of the Mexican currency, and any material advance in wages may disturb mining, manufacturing, agriculture and other industries.

"At the same time the foreign capital invested in Mexico is suffering, because the profits are represented in silver currency. This is specially the case with the railroads which have been built with foreign capital, mostly with American capital, and the earnings, although very satisfactory on account of the prosperity of the country, yet when they are exchanged for gold the loss is very heavy.

"For all of these reasons the Mexican Government has started to make a study of the monetary system with a view of devising some new plan within the principles of the gold standard so as to fix a gold value to its silver currency in the relation of 1 to 32, or some other which it might be wise to accept after a thorough study and full consideration of the subject. In the study of a new monetary system Mexico has thought it wise to deal with the proposition on the broad lines of international trade, oa as to bring about, if possible, an agreement with other silver-using countries.

"The interests of the United States are very important in this move," he continued.

"The interests of the United States are

"because of the amount of American capital invested in Mexico and other silverusing countries, which altogether is likely to be over \$1,000,000,000 gold. The amount invested in Mexico, according to the official report of the Consul-General, Mr. Andrew Barlow, is over \$500,000,000 gold. The field in Mexico for investment of American capital is very large. Mexico is the nearest country to the south, its natural resources are immense, the relations of the country are of a friendly character, and it is natural that the accumulation of capital in the United States, and its large volume of manufacturing should find an important outlet in Mexico, whose population is increasing, and whose climate, natural resources, stable government and other conditions are inviting capital."

China has expressed herself as favorable to the Mexican proposals and a memorandum attached to a diplomatic note from the Chinese Legation to Washington and here published, gives a table of the imports of certain silver-using countries, with these interesting comments thereon.

these interesting comments thereon.

It will be noted that the largest amount of imports in the table is credited to the Chinese Empire. This large volume of trade is threatened in the present state of the Chinese fiscal and currency systems with a decline, the limit of which no one could foresee. The heavy indemnity imposed by certain of the Powers upon the Chinese Government has led to large offerings of silver on the Chinese market and has diminished the power of that country to purchase foreign goods to a point which threatens to materially reduce the existing export trade to China from the United States, Great Britain, France, Germany and other countries.

to materially reduce the existing export trade to China from the United States, Great Britain, France, Germany and other countries.

The foreign trade of China while standing at the head of the above table in the order of magnitude, is small at present in proportion to the population and resources of the Chinase Empire. The exports from the United States to China have multiplied many fold within twelve years, and now exceed \$4,000,000. The present volume of imports of merchandise into China, however, amounts to only about 50 cents per capita in gold, and affords but a slight measure of what the trade of China might become if expanded in the future as rapidly as even that of Japan, which has advanced in ten years from about \$1.25 to nearly \$3 per capita. An import trade of \$3 per capita for the Enpire of China, with its nearly four hundred million people, would represent the enormous sum of \$1.200,000,000, or one-third more than the largest amount ever attained by the import trade of the United States. The encouragement of a commerce so important as this seems to the Chinese Imperial Government to be worthy of the most serious consideration of the Western Powers. It would afford an outlet for the produce of the labor of many thousands of workers of Europe and America, and employment for many millions of the capital of those nations, and would dot the Pacific and Indian oceans with the flags of a carrying trade as large as that now required in the entire commerce between Europe and the United States.

With regard to China there are undoubtedly certain difficulties in the way and it might be a question whether her guarantee to provide herself with gold deposits at home and abroad in order to establish and maintain a stable silver currency would be considered altogether reliable or not. Moreover she is not likely

currency would be considered altogether reliable or not. Moreover she is not likely to move in the direction of currency or other reform, with undignified haste. Her present system of independent mints— and profits on coinage—in each viceroyalty gives such unlimited opportunities of "squeeze" that the Mandarin, the banker, the comprador and the "shroff" will cer-

tainly resist any innovation to the utmost. In addition to China, the Straits Settle-ments, the Federated Malay States, Indo-China and the Philippines have given as-surances of their readiness to contemplate measures such as those advocated by the Joint Commission, and it is probable that most of the Central and South American

republics will follow suit.

The passing of the new Philippine Coinage act and the satisfactory report just received by the Director of the Mint as received by the Director of the shape of to the margin of profit in the shape of seignorage, which will yield a substantial contribution to the Philippine redemption fund, afford comment in favor of Mexico's proposals. A curious reversal of economic proposais. A curious reversal of economic argument in her desire for currency reform is pointed out by the Berlin correspondent of the London Times. Whereas the advocates of bimetallism used to base their cause on the theory that countries with a gold standard were being seriously projudiced by the deprenation of the cilves. with a gold standard were being senously prejudiced by the depreciation of the silver currency in the silver countries, which were enabled to undersell their rivals and de-velop their export trade to an abnormal extent, the silver countries themselves are now arguing that it is in their own interest that their currency should be established on a stable gold standard basis.

THE SULTAN'S PLAYERS.

They Have a Military Organization and May Be Called Out at Any Time.

The Sultan of Turkey has his own way of taking his theatrical pleasures. An acount of the performances given before him was recently made public by one who was long attached to the palace staff and it reads like the exaggerations of a comic opera librettist.

The power that controls all these performances is Arturo Stravolo, known simply as Arturo, who came from Naples some years ago and settled with his father, mother, sisters and brothers and sistersin-law in Constantinople. He was formerly a dialect comedian in Naples.

He is a prime favorite with the Sultan. The other actors are called to the palace to perform not oftener than once a month. Arturo acts at least weekly.

As the Sultan is very fond of variety and will rarely consent to witness the same performance twice, it is necessary to provide constant change. To do this one of the Stravolos is always travelling through the European capitals at the expense of his

the European capitals at the expense of his patron seeking novelties.

All of the Sultan's actors must wear a certain uniform. They have a military organization. Angelo is a Lieutenant; the violinist, Luigi, is a Captain; the barytone, Gaetano, is a Major, and the tenor, Nicola, is a General. The performances take place at no fixed time, but whenever it occurs to the Sultan that he would like to see a show. Thus the company, like soldiers, must always be ready to march.

soldiers, must always be ready to march.

Frequently the director of the orchestra.

Aranda Pasha, will be notified in the aranda Pasia, win be nothed in the middle of the night that he must come to the palace as quickly as possible. He learns on arriving that his Majesty desires to hear "Un Ballo in Maschera," or some other opera. As the Sultan's wish is a command, the opera begins within half an

The Sultan sits entirely alone as a rule and if any point in the action of either or opera is not clear, he halts the formers until it is explained to him.

SURE CURE FOR OBESITY. It Is Said to Be Found in the Acid Re

of a Sulphite Pulp Mill. Orono, Me., Aug. 22.-People who be lieved that physical exercise was the suresi

and the only safe way of reducing flesh have been compelled to admit that living among the sulphurous acid fumes in the acid room of a sulphite pulp mill can give rowing and sawing wood and war club practice many points and win without effort. It is asserted that no fat man can work in the acid room six months and retain his flesh.

Last spring Walter Smith weighed more than 200 pounds, and was short of breath and very uncomfortable with the accumulated fat which had come to him while he was running a livery stable. His physician told him he must reduce his weight if he hoped to live a year.

Having noticed that the men who burned the sulphur to make the acid for the pull digesters lost flesh when they took to this digesters to the sawed wood for a month without receiving benefit and then hired out on the night shift in the acid room. The work is not hard, the hands having no more to do than to test the output with litmus paper every few minutes to see that no sulphuric acid is made, and to regulate the draughts so that the proper quantity of

air is admitted to the furnace.

Before Smith had been at work a wee he had lost ten pounds, and his weight con tinued to decline until a month ago, when he was no more than a bundle of bones and muscle, weighing 140 pounds. Since then his weight has not varied an ounce. He is perfectly healthy and can run home to his dinner, half a mile away, without getting

out of wind. There are scores of other instances which people have had their weight reduced by the sulphurous acid treatment after the doctors had falled to help them.

ROLL YOURSELF TO HEALTH.

PHYSICAL CULTURE AS TAUGHT BY WILD ANIMALS.

They Get Massage and Make the Blood Circulate by Rolling About on the Ground, and the Tired Business Man Can Benefit Himself in the Same Way

Do you remember how when you were a boy you used to roll around in the grass when you were taken to the country for the summer? Do you remember what your father used to say: "Let the rascal roll, it's good for him?" And, more important still, do you remember how the tossing exhilarated you and sent you to bed o' nights ready for healthful sleep?

The roly-poly system of outdoor physical culture is as good for grown-ups as it is for children. It is based on the rolling instinct that is natural with children and nearly all wild animals.

The child outgrows the habit because of his environments, and thereby loses one of his holds on health, but the wild animal keeps it up through life, and thereby insures itself a splendid circulation of the blood to all parts of the body. Herein lies the chief value of the roly-

poly system. It gets the body out of its sitting or standing posture. It does all it can to invert the body-to make the heels higher than the head, and to give the head a stimulated blood supply. At the same time that the usually neglected parts of the body are brought

play, no other part is neglected, and for any part the exercises can be made as severe or gentle as desired.

severe or gentle as desired.

This instinctively natural exercise is also valuable for its massage effect. In fact, natural massage can be got in no such measure in any other way.

Just as rolling on the grass-covered earth keeps an animal's coat glossy and fine, so mother earth will keep man's skin in the pink of condition if only he will let her. The brain massage is especially good. This is produced by the brain's being gently bumped from side to side of the skull as the body is rolled about.

Let the man who has been in his office the year around, or who smokes too much or who has been living too high, start with

or who has been living too high, start with the simplest roly-poly exercises and grad-ually work up to the harder ones. In this way he will accustom his body to strange positions that once were natural and easy of accomplishment, without any accompanying traces of dizziness. But if he should become dizzy, let him rest and try it again, and before long no uncomfortable feeling will he noticed

feeling will be noticed.

The exercises—four are described below—will soon let the man know where he is weak and what muscles need building up.

Let him heed the warning, centre the strain on those parts, for this will be a sure sign to him that his efforts are having a beneficial effect.

I. Side Rolling.—Lie down flat on your back on a grass plot or the seashore. Bend the legs, grasp the toes on the outside in the hands and see that the feet are touch-

ng.
Pull a little in opposite directions with

whole of the body is benefited, but the parts especially looked after are the neck, the shoulders, the upper legs, the small of the back and the region around each knee. II. The Back Roll.—This is a difficult but excellent exercise for a fat man, as it speedily reduces the abdomen by con-

tracting it in an unusual way.

Lie down flat on the back, with the palms of the hands on the ground at the sides of the head, and with the fingers pointing back of the head. Raise the legs and lower part of the body over the head until the

toes touch the ground.

When you become adept push against the ground with the hands while the legs are being carried over the head, draw the head from between the arms and lie flat your stomach Next, push harder with the arms and spring up to a standing position the moment

the toes touch the ground.

The placing of the legs over the head keeps the abdominal region and the organs contained therein in fine trim. The pushing is good for shoulders, arms and neck. The stretching of the muscles along the spine cures weaknesses of the back, and the nlarged supply of blood insured the head

panishes headaches. III. Equilibrium Exercise.—This is executed on a log eighteen inches or two feet in diameter, or a rock, or a mound of earth

Place the abdomen on the log and have the head, knees and feet on the ground to begin with. Stretch the arms to their full length clear of the ground in front of the head, and then bring the body in a straight line, with the abdomen alone touching any earthy thing.

Later on, when this can easily be done, bend up and backward the head, upper back and legs, so that the body will form as much of a semi-circle as possible east make them go higher than the ab

The exercise may be varied in many ways. Move arms and legs as in swimming Hit and kick out in every direction. Lie on either side and on the back.

This vigorous exercise is especially good for the trunk.

IV. The One-Arm Roll.—The one arm roll is quite severe for beginners, but even the weakest can master it with a little

even the weakest can master it with a little perseverance.

Lie down at full length on your side and spread the legs so that both feet can be firmly planted on the ground later on. Then assist with both hands to raise the body on one outstretched arm and hold the other outstretched directly above the former, so that it will be in readiness to support the body in its turn.

When the balance is complete shift it completely to the other side and arm, taking care that the body does not sag down, but presents a straight slanting line. Keep going over in a circle and revolve either forward or backward.

To vary the exercise and to make it

To vary the exercise and to make it still more severe, bend the arm supporting the body until the forearm lies along the floor and the elbow touches it, and straighten out the arm again. This is a particularly energetic exercise for shoulder and wrist.

The original exercise, especially, builds up the hands, wrists and arms, the chest near the shoulders and the abdominal region. But the leg not a little benefit. But the legs and the hips receive

AN EX-BANDIT FOR HONESTY Cole Younger States His Principles-Frank James's Advice as to Crooks.

MACON, Mo., Aug. 22.-When Cole Younger, the famous bandit, was in Macon county recently with the Wild West show he is running with Frank James, he gave what may be considered convincing proof that he has adopted a new code of ethics. That was when he discharged a concert ticket seller for short-changing a patron The big, gray-eyed showman remarked to the crowe that witnessed the act that the show would be run on the square or not at all, and that if any employee—Indian, cowboy, snake charmer, peanut vender or what not—was caught cheating in the least degree he would be suppossible find. least degree he would be summarily fired.
On that touching occasion Frank James delivered this advice for dealing with the

light-fingered gentry:

"If one of those fellows tries to work you just walk right up to him, grab him by the lapel of the coat and say: 'You've got my money—I know you've got it—and I'm

"to make good your statement.

going to have it back!"
"Ninety-nine out of every hundred dishonest men are cowards, and if you brace up to them like you mean business you stand just that chance of recovering."
"But if it happens to be the hundredth man, Colonel?" a bystancer asked. James smiled, and his peculiarly keen eyes looked out over the crowd.

"Then it's up to your manhood," he said,

HERMITS OF LAURAL RIDGE. BUSY DAYS FOR THE ACTORS A Pennsylvania Valley Noted For Its Queer Settlers.

Whenever an unkempt, weather-beaten man puts in an appearance in the streets of New Florence, Pa., a little mountain town ten miles west of Johnstown, the loafers on the stoops of the general merchandise stores and at the station unanimously express themselves thus:

"Another one of them there hermits of Laurel Ridge." For a hermit is no novelty to the people

of New Florence, or to any of the inhabitants of the mountain-encircled valley of the Ligonier, which has the Chestnut and Laurel ridges of the Alleghanies for its boundaries.

This valley, except in the extreme south ern and northern ends, is free of railroads. The stretch of land between is as primitive and inaccessible as it was fifty years ago. It is a country in which the simple can be lived with ease. Equally well any one tired of the clatter of the world beyond the mountains can immure himself from it all. Many have done it, many are still doing it, and that is why a hermit from Laurel Ridge excites no interest among the inhabitants of New Florence.

These solitary men of the mountains have come from everywhere. In the days of A. T. Stewart's commercial supremacy one of them arrived with his family. He is still there-he and his wife and their half dozen children-living in a two-room cabin that is all but ready to tumble down.

It is a miserable existence they leadthis man who was once the head of A. T Stewart's silk department, and his wife who has hinted that if her relatives knew where she was a titled man would come over from England to make his peace with her. But neither the husband nor the wife has even hinted why they became hermits, nor do they want any of their old-time

associates to find them out. All they ask is to be left alone. They are content with their life of loneliness precariously sustained through their knowledge of berry patches in the mountains and eked out by charity pittances received from the county authorities.

The man who travelled furthest to become a hermit of Laurel Ridge was a Russian One day three or four years ago he stepped off a westbound train at New Florence and gave his name as V. Kostka.

"I am from Russia," he said. "I have heard that quiet can be secured nere. have come with my family to live here." Having introduced himself he set about

looking for a place in which to live. He found it in a mountain twelve miles away from the town. This he bought, paying mind on those parts and strive earnestly to strengthen them against the day of disease. Let him not be annoved by any installed his family and drew the lines of seclusion close about him.

About a year after Kostka appeared in town with a woman who was known as the French governess of his children; and together they boarded a train that was bound for Pittsburg.

That was the last that New Florence

saw of V. Kostka. But it was not the last that the town heard of him. Pretty soon feet and hands, that the arms may be well stretched. Then, at first, roll from side to side on the back only. When you become more proficient roll clear over and make a sharp effort to land on your back again.

As in nearly all of these exercises, the land of the back is hearly again. casher who had robbed one of that city's big banks some years before could be found living in a certain town in Canada with the former governess of his children. So the Russian bear reached out for V. Kostka and grabbed him, and now he is working in the mines of Siberia.

Through the workings of justice New Florence found out why Kostka became a hermit, but it is seldom that such intelligence is obtained about the other hermits. Only guesses can be made, some wild and others based on words let fall by the hermits themselves in unguarded moments. themselves in unguarded moments. It was in this latter way that the story of

He was always willing to tell any one who happened to stumble across his clearing that he was a distant relative of Whistle the artist, but when asked why he had buried himself in such an out-of-the-way place, he would grow non-communicative.

Once only did he fail to preserve taciturnity on this point. That was when two girls from a farm house in the valley unexpectedly found themselves in Whist-

ler's clearing when they were berry hunt-The old man received them politely and finding that they had lost their path, took them to it again. As he bade them good-by he looked into the younger girl's fre h face and said:

"I once knew a girl like you."
That was all. Then he turned toward

his cabin and was soon lost to view in the But it was enough to start a story about "The White Haired Man of the Mountains." and people to this day say that he fled to his lonely home because long years ago

the girl that he was to have married died before the wedding day came around.

These are three of the hermits of Laurel Ridge. Then there are "Rattleanake Jim"—no one knows any other name for him who comes into town every few months with a batch of live snakes, which he sells. "Smiling Sam" of Shannon's Run, whose broad and never-clouded smile wins him a livelihood from farmers' wives' kitchens; and many others who can be run across in a day's tramp through the mountains.

BRITISH NATIONAL PHYSIQUE Official Report Shows Its Deterioration

in Recruits. The physical unfitness of a large propor tion of the men offering themselves as recruits for the army in England is strikingly brought out by the recent report of the Director-General, Army Medical Service, which was published by the War Office in

the form of a Parliamentary paper. During the ten years just past no les than about 35 per cent. of those medically examined were rejected on various grounds, but many that were too evidently unfit on reporting were not examined at all, so that it is believed that the total of the rejections amounted to 60 per cent., or three out of every five. It is, therefore, an undoubted fact that at the present time a very considerable proportion of the young men of the country, especially in the towns, are physically defective and unfit for military

service. The Army and Navy Gazette, in comm

ing on this state of affairs, says: "Fortunately this is not the case as re gards the entire population, but only those of the poorer classes. It is from the latter, however, that the bulk of the men desiring to be soldiers come. Owing to the advance of sanitary science, and to the encourage ment of athletic sports, the general phys ique of the upper and middle classes is improving rather than deteriorating. * * ."It is a deplorable fact that in wealthy England some 6,000,000 of the people, dwellers in overcrowded towns, are in a state of actual poverty. The bulk of the men seek-ing enistment belongs to this category." In this connection the Director-General

remarks, in his report:
"Were all classes of the community able
to provide their offspring with ample food
and air space a healthy race would be produced and the proper material to fill the

ranks of the army would probably soon be obtained."

The new scheme of army organization ne new scheme of army organization for the British Army requires 50,000 recruits a year, but the Director-General's report shows that only 68,000 are examined annually, and of these about 23,500 are rejected, giving a deficiency of 5,500 per annum, which England hopes to make up by Colonial assistance.

MANY COMPANIES REHEARSING UNDER FORCED DRAUGHT.

Not Enough Halls in Town to Supply the Demand-One Hall Cut Into Four-Rehearsals From Early Morning Till Late at Night-Out of Town Troupes Busy.

The corner of Thirty-third street and Sixth avenue lacks at 7 o'clock in the morning the animation it exhibits later in the day. Attention is therefore attracted by the sight of half a hundred men and women going to the stage door of the Manhattan Theatre, in Thirty-third street. They begin to arrive at 6:45, and by 7:15 the door has closed on the last of them.

One of the first to come is an eager, nervous-looking woman with bright red hair. She arrives in a cab, bows to the few men standing on the sidewalk and bustles in to the theatre. This is Mrs. Fiske, and she is compelled to begin her rehearsals of "Mary of Magdala" at this early hour because the stage of the Manhattan Theatre is used for "The Earl of Pawtucket" later in the day Her case illustrates one of the difficulties that confront managers just

Rehearsal time has for some seasons been a problem to New York managers. Most of the theatrical companies open within a few weeks of one another, and all begin their rehearsals for the season at about the same time.

The result is a demand for places in which to rehearse that it is almost impossible to satisfy This state of affairs led a firm of producing managers to hire an abandoned skating rink in Orange in which they could conduct their rehearsals every year and be sure of finding room when they wanted it.

This year the situation is more difficult to meet than ever before. The companies are more numerous than ever. Last week one of the theatrical weeklies contained the advertisement of a hali which could be rented for rehearsals. A SUN reporter asked the manager of the hall vesterday if there was still opportunity in his hall for rehearsals.

"Nothin' doin', " he said, with a grim satisfaction. "Might have saved my money and not put that 'ad' in at all. The place was taken before it came out in the paper; and taken for longer than I was ever able to let it before, even at this time. "One company comes at 8 and then re-hearses here until 2. Then comes another

and they stick to it until they feel the has come for them to break up. Fit the stage manager lets 'em out at 12. Finally "I could have rented that corridor there, besides the main hall, if the other companies hadn't put up a kick and said they were paying enough to get the whole place while they were here.

"A friend of mine worked a great deal

until 7, and at that time the third begins,

better game. He's the manager of a hall twice as large as this. Well, he divided the floor into four parts with a chalk mark. That enables him to rent the four corners to four companies at the same time. They pay less for it, of course, but the hall makes a great deal more out of it in the end. Besides, the rents have gone up this year.

The reporter went to see the hall which had been so profitably cut up by its shrewd manager. It is a speciety place on the

parts that were about equally large. In these stood groups of from five to ten per-sons, who to a casual and uninformed spectator did not seem to be taking a great deal of interest in what they were doing.

They were evidently acquainted in some cases, as members of one company would

manager. It is a spacious place on the East Side and had been divided into four

move out of their allotted corner and go and talk with people in other parts of the hall. "I'm not in this scene," was the explanation of one of the actors to the stage manager, "and I'm going over to talk to Miss Butterfly if you don't want me here." Miss Butterfly, whom he indicated, had Whistler originated.
For years Whistler was known as "The Fair Haired Man of the Mountains." He got this name by reason of his long hair and his beard, which reached to his waist.

efforts were in vain. "But I do want you here," said the stage manager—a very hot-looking man in his shirt sleeves—"for I'm going back to do

shirt seeves—"for I'm going back to do all the scene over again."

It was a preliminary rehearsal and none of the actors had learned his part. They all carried little typewritten books in which only their parts were printed. Some of them studied these while they were not actively employed with the stage manager and others listened attentively to the other actors.

to the other actors.

"Don't interrupt me," one of the women said to another who came up to her. "I'm trying to find out what this play's about."
She had to listen to the other actors to

accomplish that, as actors never receive the entire manuscript of a play, but orly their own parts. Their idea of the play in its entirety is got only from the first reading or what they are able to hear at rehearsals.

rehearsals.

Preliminary readings of plays are customary in the highest class companies.

The learning of parts is also done in large measure at rehearsals. Actors read the speeches from the manuscripts until they gradually learn them.

Unless a part is long, they are able to master it by this means alone and need devote no time to memorizing it. When

a letter-perfect rehearsal is called by the stage manager, a very few hours of study enables them to be in that condition even onables them to be in that condition even if the part is longer than the average.

The system of having a shorter period for rehearsals than formerly has had its effect in making it difficult to find quarters. For the last fifteen years it has been customary for actors to rehearse a piece for

four weeks, occasionally leaving out inter-vals of a day.

But there has been a rebellion against But there has been a rebellion against this old-fashioned plan, and nowadays rehearsals are held for about two weeks only. It is thought now that better effects are got from intense and not extensive work. Two weeks are considered enough now, and there are rehearsals and long ones every day. Under the old plan it was possible for two companies, rehearsing on alternate days, to utilize the same space. was possible for two companies, rehearsing on alternate days, to utilize the same space. One of the city theatres illustrates the present demand for space. The stage is during the day divided among three companies. The first floor of the broad lobby is given over to two companies that share it during the daytime and the smaller foyer on the floor above is used by a company giving a musical farce. This theatre is therefore occupied almost the whole day by contingents of the same organization.

Musical plays are often prepared before the choruses and principals have to apthe choruses and principals have to appear together in different parts of the town.

and the two sections are combined only at the final rehearsals.

Lyric Hall is occupied by eighteen com-Lyric Hall is occupied by eighteen companies rehearsing when their turn comes in the course of the day. Some New Yorkers may think that only actors so well known to them as John Drew, Maude Adams and Annie Russell are rehearsing here now. But that would be considered characteristic of New York's provincial point of view. Among the organizations preparing now for the winter campaign are "Happy Hooligan" (Eastern and Western companies). "The Deserted Bride," "The Convict's Daughter" and "The Convict's Son."

These names may not suggest the highest.

These names may not suggest the highest leasures of the New York theatregoers; out they are cherished elsewhere

Practice Forced March by a Field Battery.

The second battery of the Fifty-sixth Regiment of German Field Artillery recently made a splendid practice forced march from the firing grounds at Posen to Lissa, its permanent post.

The distance of sixty-six miles was covered in fourteen hours, or at a rate of 47 (nearly five miles) an hour for that time In view of the fact that horses and men were in good condition on arriving at their destination, and quite ready for active field firing, this must be regarded as an